

# Crypto Prevention Speaking Points

Most notable speaking points from Utah's Pool Rule:

- Individuals are not to swim if they have diarrhea or have had diarrhea in the last two weeks.
- Children under 3 years of age; any individual not toilet trained; or any individual without control of their bowels are required to wear a swim diaper and waterproof swimwear.
- Definition of "cleansing shower" --- "cleaning the entire body surfaces with soap and water to remove any matter, including fecal matter, that may wash off into the pool while swimming."
- Establishment of "Crypto Watch" and "Crypto Warning" – tools that will help officials to better control an outbreak should one occur.
  - A "Crypto Watch" is issued when conditions are favorable for the development of a cryptosporidiosis outbreak.
  - A "Crypto Warning" is issued if an outbreak of cryptosporidiosis has been detected by surveillance.
- Guidelines/methods for pool operators to properly respond to fecal accidents in the pool.

Prevention – swimmer behaviors (known as healthy swimming behaviors):

- Don't automatically assume that a swimming pool is safe, practice the following behaviors to help protect against becoming infected with cryptosporidiosis.
- Do not swim with diarrhea and wait for two weeks after diarrhea has stopped to go swimming.
- Take a "cleansing shower" before swimming. Cleansing shower means a shower with soap and water, cleaning the entire body.
- Do not swallow pool water.
- Take frequent/regular bathroom breaks while swimming.
- Check and change toddler's diapers often while swimming. Change diapers in the bathroom, not at the poolside.
- Wash your hands after using the bathroom or changing a diaper.
- Wash your child's bottom with soap and water after changing a diaper, and wash your hands with soap and water as well.

Crypto speaking points:

- Crypto is spread by more than just small kids in diapers. Anyone who swims while ill with diarrhea or without cleaning themselves before swimming can spread the disease.
- In order for the pool rule to have an impact, it is important for all swimmers to take healthy swimming behaviors seriously.
- Swim diapers and waterproof swim wear will help, but aren't enough if a child has diarrhea. If a child has diarrhea, the child needs to keep out of the water.
- Close contacts of individuals infected with Cyptosporidiosis (e.g. family members, care providers, etc.) are at increased risk of becoming infected. Because of this, it is extremely important to practice good hygiene such as: frequent hand washing (especially after using the bathroom, after changing a diaper, and before preparing or eating food) and disinfecting surfaces. (In Utah's 2007 crypto outbreak, it was more than just swimmers who got sick. Family members of infected individuals became ill as well as care givers in daycare settings).

